



## Terrific Temaki Sushi + Sweet Soy + Sparkling Green Tea Soda

By Erin Fletter

**Prep Time** 40 / **Cook Time** 35 / **Serves** 4 - 6

### Shopping List

PANTRY

1 1/2 C short grain rice

1 tsp salt

3 T sugar/agave nectar

1/4 C rice wine vinegar

soy sauce **\*\* (see allergy subs below) \*\***

sugar/agave nectar

8 to 12 large nori seaweed sheets **\*\* (see allergy subs below) \*\***

2 decaf green tea bags

1/2 liter sparkling water

SUSHI ROLL FILLINGS

(choose at least 3 or more—feel free to add your own fruits and veggies!)

firm tofu **\*\* (see allergy subs below) \*\***

scrambled eggs **\*\* (see allergy subs below) \*\***

avocados

cucumber

carrot

bean sprouts

- apple
- dipping sauce
- bell pepper
- cooked sweet potato
- green onions
- asparagus
- lettuce
- snap peas
- cooked mushrooms
- HAVE ON HAND
- 2 C hot water
- crushed ice

## Fun-Da-Mentals Kitchen Skills

**dice:** to cut foods into small pieces of equal size so that the food is cooked evenly or looks uniform and pleasant when used in the recipe.

**drizzle:** to trickle a thin stream of a liquid ingredient, like icing or sauce, over food.

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

**simmer:** to cook a food gently, usually in a liquid, until softened.

**slice:** to cut into thin pieces using a sawing motion with your knife.

**steep:** to soak a food, like tea, in water or other liquid so as to bring out its flavor.

## Equipment

- Large saucepan + matching lid (or rice cooker)
- Colander or strainer
- Dry measuring cups
- Liquid measuring cup
- Measuring spoons
- Small mixing bowl

- Spatula
- Cutting board + kid-safe knife
- Large plate
- Small bowl
- Whisk
- Kid or kitchen scissors
- Microwave or saucepan to heat water
- Pitcher

## Ingredients

### Terrific "Temaki" Sushi + Sweet Soy

- 1 1/2 C short grain rice
- 1 tsp salt
- 2 T sugar/agave nectar
- 1/4 C rice wine vinegar
- soy sauce **\*\*(for GLUTEN/SOY ALLERGY sub coconut aminos)\*\***
- sugar/agave nectar
- 8 to 12 large nori seaweed sheets **\*\*(for SHELLFISH ALLERGY sub rice paper wrappers)\*\***
- sushi roll fillings (choose at least 3 or more—feel free to add your own fruits and veggies!):
- firm tofu **\*\*(Omit for SOY ALLERGY)\*\***
- scrambled eggs **\*\*(Omit for EGG ALLERGY)\*\***
- avocados
- cucumber
- carrot
- bean sprouts
- apple
- dipping sauce
- bell pepper

- cooked sweet potato
- green onions
- asparagus
- lettuce
- snap peas
- cooked mushrooms

## Sparkling Green Tea Soda

- 2 decaf green tea bags
- 2 C hot water
- sugar/agave/stevia, to taste
- 1/2 liter sparkling water
- crushed ice

## Food Allergen Substitutions

### Terrific "Temaki" Sushi + Sweet Soy

**Gluten/Wheat:** Substitute coconut aminos for soy sauce.

**Soy:** Substitute coconut aminos for soy sauce. Omit tofu from possible sushi roll fillings.

**Shellfish:** Substitute rice paper wrappers for the nori seaweed sheets.

**Egg:** Omit scrambled egg from possible sushi roll fillings.

### Sparkling Green Tea Soda

## Instructions

### Terrific "Temaki" Sushi + Sweet Soy

rice: rinse + cook

Have kids rinse with cool water **\*\*1 1/2 cups of short-grained rice\*\*** in a colander until the water runs clear and let it drain. Place the rinsed, drained rice in a rice cooker (cook according to directions on your machine) or a pot with a tight-fitting lid and add **3 cups of water**. Stove Method: Cover and bring the water to a boil over medium heat. Boil for about 2 minutes, reduce heat and simmer for another 5 minutes. Reduce heat to low and cook for about 15 minutes, or until water has been absorbed. Remove from the heat, remove the lid, and place a towel over the pot. Replace lid and let stand for 10 to 15 minutes.

### vinegar: whisk + drizzle

Second to the rice, the most critical ingredient for sushi is rice vinegar, which is pretty much the soul of sushi rice. Sugar and salt are added to flavor the sushi rice. Have your kids whisk together **1 tablespoon salt, 2 tablespoons sugar**, and **1/4 cup rice wine vinegar** together in a bowl.

### fold + fan

Then have kids drizzle this seasoned vinegar you've just made over the precooked rice and gently fold the vinegar into the rice by running a spatula through the rice in slicing motions to separate the grains. While doing this, slowly add more of the vinegar mixture. Add only as much as is necessary; the rice should not be mushy. In Japan, they fan the rice with an uchiwa (fan) during the cooling and mixing procedures. Have your kids fan the rice while you pour on the seasoned vinegar!

### fillings: slice + dice

Have kids slice and dice up the tofu, fruits, and vegetables into matchstick-size pieces. Sprinkle with a little rice vinegar as they chop and set everything on a plate in the middle of the table.

### sweet soy: pour + whisk

For the sweet soy dipping sauce, kids get to pour soy sauce and sugar together in a small bowl until they agree on the taste. (We like a 4 to 1 soy sauce to sugar ratio.) Whisk and set to the side. Now let's rock and roll up our sushi!

### fill + fold

Have kids open up a large package of sushi nori. Then have kids cut the large nori sheets in half with scissors. Place a half sheet of nori horizontally in front of your child on a cutting mat. Place about **2 tablespoons of vinegared sushi rice** on the left third of the nori, leaving a nori border all around. Your child can now place whatever filling ingredients they choose vertically across the middle of the rice. Fold the corner of the nori over to begin folding and rolling into a cone shape. Continue to roll until it forms a cone. You can put a piece of sushi rice at the bottom right corner to use as glue and close tightly. It takes practice to roll sushi well, so don't worry if you don't get it right on the first try!

## Sparkling Green Tea Soda

### brew + steep + stir

Brew **3 decaf green tea bags** in **2 cups of hot water** and let steep for 5 minutes. Discard the tea bags. Have your kids add the brewed tea to your pitcher and stir in sugar to taste. Top the tea with **1/2 liter of sparkling water** and **crushed ice**. Stir and Enjoy!

## Featured Ingredient: Nori!

Hi! I'm Nori!

"Did you know I grow in the sea? I'm a type of seaweed found in Japan, eaten either fresh or dried. My color varies from light green to jet black. You probably know me best as the paper-like, dark green wrapping that keeps pieces of sushi neatly contained."

## History

Nori is an edible form of seaweed used in Japanese cuisine. Nori is made from a species of red algae or seaweed of the *Pyropia* genus in the *Bangiaceae* family. Nori is an ancient food of Japan and can date back to the 8th century.

Originally, nori was used in the form of a paste, which is still widely used today. However, around 1750, during the Edo period, the paper form of nori was invented using the traditional Japanese paper-making technique by shredding and drying the seaweed and then pressing it into thin sheets.

## How to Buy & Eat

There are several grades of nori sheets. The highest, indicative of the best quality, is the Gold or A grade, and it is also the darkest, being quite black. Restaurants may prefer the higher quality nori, whereas a home cook will probably be satisfied with a lower, less expensive grade.

You can find packages of nori at any Asian grocery store and, more frequently nowadays, in regular grocery stores. Shops also sell snack packs of seasoned, dried nori. Nori that is sold as "plain" or "toasted" is the most versatile for our cooking purposes.

Nori packaged in an airtight container or ziplock bags will keep for quite some time in the pantry. If the sheets lose their crispness, you can crisp them up in a skillet on the stove for a few seconds or in the oven.

Chefs and home cooks commonly use nori sheets to wrap sushi and onigiri. You can also shred dried nori into tiny pieces to add to "furikake," a Japanese condiment that you can serve with fish, rice, veggies, or salad. It also makes a good topping for Hawaiian poke.

## Nutrition

Seaweed, especially nori, is often considered a superfood. Some people might consider seaweed an unusual food, but it is highly nutritious.

Nori is a rich source of protein, fiber, iodine, vitamins A, B1, B2, B9, and C, calcium, and potassium. It is a moderate source of niacin, iron, and zinc. Eating seaweed may help prevent cardiovascular disease.